

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Monreale White Plums (Italy)

Plum Granita

For 4 people

600 grams of pitted Monreale White Plums

50 grams of sugar

400 milliliters of water

juice of ½ lemon

Preparation time: 4-5 hours

After washing the plums and removing the pits (you should have 600 grams of plum after the pits are removed), pass the fruit through a food mill and collect the pulp in a large bowl.

Make a simple syrup by heating the sugar and water in a saucepan: Bring the liquid to a boil and then turn down the heat. Let the syrup simmer until it has reduced by about a third. Add the lemon juice. Let the syrup cool completely and then add it to the bowl with the plum pulp. Add the lemon juice. Mix everything together and then put the bowl in the freezer. After about an hour, stir/mash the mixture with a fork to keep it from solidifying. Let it freeze for another 2-3 hours, mixing every hour or so with the fork.

Serve the granita in small bowls or glasses.



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